



JVM132G
PUB# 49-8014

Spacemaker® Microwave Oven

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Library
Model JVM132G
6-22-89

The electric output
of this microwave oven
is 625 watts.

COOKING GUIDE INCLUDED

GE Appliances

EFF DATE

Ø 4-26-89

49-8014

Help us help you...

Before using your oven, read this book carefully.

It is intended to help you operate and maintain your new microwave oven properly.

Keep it handy for answers to your questions.

If you don't understand something or need more help, write (include your phone number):

Consumer Affairs
GE Appliances
Appliance Park
Louisville, KY 40225

Write down the model and serial numbers.

You'll find them on a label inside the oven on the upper left side.

These numbers are also on the Consumer Product Ownership Registration card that came with your microwave oven. Before sending in this card, please write these numbers here:

Model Number _____

Serial Number _____

Use these numbers in any correspondence or service calls concerning your microwave oven.

Be sure your microwave oven is registered.

It is important that we know the location of your microwave oven should a need occur for adjustments.

Your supplier is responsible for registering you as the owner.

Please check with your supplier to be sure he has done so; also send in your Consumer Product Ownership Registration Card. If you move, or if you are not the original purchaser, please write to us, stating model and serial numbers.

**This appliance must be registered.
Please be certain that it is.**

Write to:

GE Appliances
Range Product Service
Appliance Park
Louisville, KY 40225

If you received a damaged oven...

Immediately contact the dealer (or builder) that sold you the oven.

Save time and money.

Before you request service... check the Problem Solver on page 31. It lists causes of minor operating problems that you can correct yourself.

Optional Accessory

available at extra cost from your GE supplier.

**JX81 Charcoal Filter Kit for
non-vented installation.**

All these things are normal with your microwave oven:

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dimming oven light and change in blower sound may occur while operating at power levels other than high.
- Dull thumping sound while oven is operating.
- Some TV-Radio interference might be noticed while using your microwave oven. It's similar to the interference caused by other small appliances and does not indicate a problem with your oven.

Microwaving Tips

• Make sure all cookware used in your microwave oven is suitable for microwaving. Most glass casseroles, cooking dishes, measuring cups, custard cups, pottery or china dinnerware which does not have metallic trim or glaze with a metallic sheen can be used. Some cookware is labeled "suitable for microwaving."

If you are unsure, use this dish test: Measure 1 cup water in a glass cup. Place in oven on or beside dish. Microwave 1 minute at High (10). If water becomes hot, dish is microwave safe. If dish heats, it should not be used for microwaving.

• Paper towels, wax paper, and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering.

• Some microwaved foods require stirring, rotating, or rearranging. Check the cooking guide for specific instructions.

• Steam builds up pressure in foods which are tightly covered by a skin or membrane. Pierce potatoes, egg yolks and chicken livers to prevent bursting.

If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

(a) **Do Not Attempt** to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

(b) **Do Not Place** any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) **Do Not Operate** the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

- (1) door (bent)
- (2) hinges and latches (broken or loosened)
- (3) door seals and sealing surfaces.

(d) **The Oven Should Not** be adjusted or repaired by anyone except properly qualified service personnel.

This microwave oven is UL listed for installation over electric and gas ranges.

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this appliance.

When using electrical appliances, basic safety precautions should be followed, including the following:

WARNING—To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

- Use this appliance only for its intended use as described in this manual.
- Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" at left.
- This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on page 30.
- This microwave oven is specifically designed to heat or cook food, and is not intended for laboratory or industrial use.
- For best operation, plug this appliance into its own electrical outlet, to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.
- Install or locate this appliance only in accordance with the provided installation instructions.
- Do not cover or block any openings on the appliance.
- Do not use outdoors.
- Do not immerse power cord or plug in water.
- Keep power cord away from heated surfaces.
- Do not let power cord hang over edge of table or counter.
- Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped.
- See door surface cleaning instructions on page 28.

- This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.

- As with any appliance, close supervision is necessary when used by children.

- To reduce the risk of fire in the oven cavity:

- Do not overcook food.

Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.

- Remove wire twist-ties from paper or plastic bags before placing bags in oven.

- Do not use your microwave oven to dry newspapers.

- Do not use recycled paper products. Recycled paper towels, napkins and wax paper can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.

- Do not operate the oven while empty to avoid damage to the oven and the danger of fire. If by accident the oven should run empty a minute or two, no harm is done. However, try to avoid operating the oven empty at all times—it saves energy and prolongs the life of the oven.

- Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.

- Do not overcook potatoes. They could dehydrate and catch fire, causing damage to your oven.

- If materials inside oven should ignite, keep oven door closed, turn oven off, and disconnect power cord, or shut off power at the fuse or circuit breaker panel.

IMPORTANT SAFETY INSTRUCTIONS (continued)

- **Some products such as whole eggs and sealed containers**—for example, closed glass jars—may explode and should not be heated in this oven.

- **Avoid heating baby food** in glass jars, even without their lids; especially meat and egg mixtures.

- **Don't defrost frozen beverages** in narrow necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, resulting in injury.

- **Use metal only as directed in cooking guide.** TV dinners may be microwaved in foil trays less than 3/4" high; remove top foil cover and return tray to box. When using metal in microwave oven, keep metal at least 1 inch away from sides of oven.

- **Cooking utensils may become hot** because of heat transferred from the heated food. Pot holders may be needed to handle the utensil.

- **Sometimes, the oven floor can become too hot to touch.** Be careful touching the floor during and after cooking.

- **Foods cooked in liquids** (such as pasta) may tend to boil over more rapidly than foods containing less moisture. Should this occur, refer to page 28 for instructions on how to clean the inside of the oven.

- **Thermometer**—Do not use a thermometer in food you are microwaving unless the thermometer is designed or recommended for use in the microwave oven.

- **Plastic utensils**—Plastic utensils designed for microwave cooking are very useful, but should be used carefully. Even microwave-safe

plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and utensils could ignite. For these reasons: 1) Use microwave-safe plastics only and use them in strict compliance with the utensil manufacturer's recommendations. 2) Do not subject empty utensils to microwaving. 3) Do not permit children to use plastic utensils without complete supervision.

- **When cooking pork**, follow the directions exactly and always cook the meat to an internal temperature of at least 170°F. This assures that, in the remote possibility that trichina may be present in the meat, it will be killed and meat will be safe to eat.

- **Boiling eggs is not recommended in a microwave oven.** Pressure can build up inside egg yolk and may cause it to burst, resulting in injury.

- **Foods with unbroken outer "skin"** such as potatoes, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks (see previous caution) should be pierced to allow steam to escape during cooking.

- **"Boilable" cooking pouches and tightly closed plastic bags** should be slit, pierced or vented as directed in the cooking guide. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.

- **Spontaneous boiling**—Under certain special circumstances, liquids may start to boil during or shortly after removal from the microwave oven. To prevent burns from splashing liquid, stir the liquid briefly before removing the container from the microwave oven.

THE EXHAUST HOOD:

- **Have it installed and properly grounded by a qualified installer.** See the special installation booklet packed with the microwave oven.

- **The exhaust fan in your oven will operate automatically under certain conditions** (see Automatic Fan Feature, page 6). While the fan is operating, caution is required to prevent the starting and spreading of accidental cooking fires while the exhaust fan is in use. For this reason:

- Never leave surface units unattended at high heat settings. Boilover causes smoking and greasy spillovers that may ignite and spread if exhaust fan is operating. To minimize automatic fan operation, use adequate sized utensils and use high heat settings only when necessary.

- In the event of a grease fire, smother flaming pan on surface unit by covering pan completely with well-fitting lid, cookie sheet or flat tray.

- Never flame foods under the oven with the exhaust fan operating because it may spread the flames.

- Keep hood and grease filters clean. Follow instructions on page 29, to maintain good venting and avoid grease fires.

SAVE THESE INSTRUCTIONS

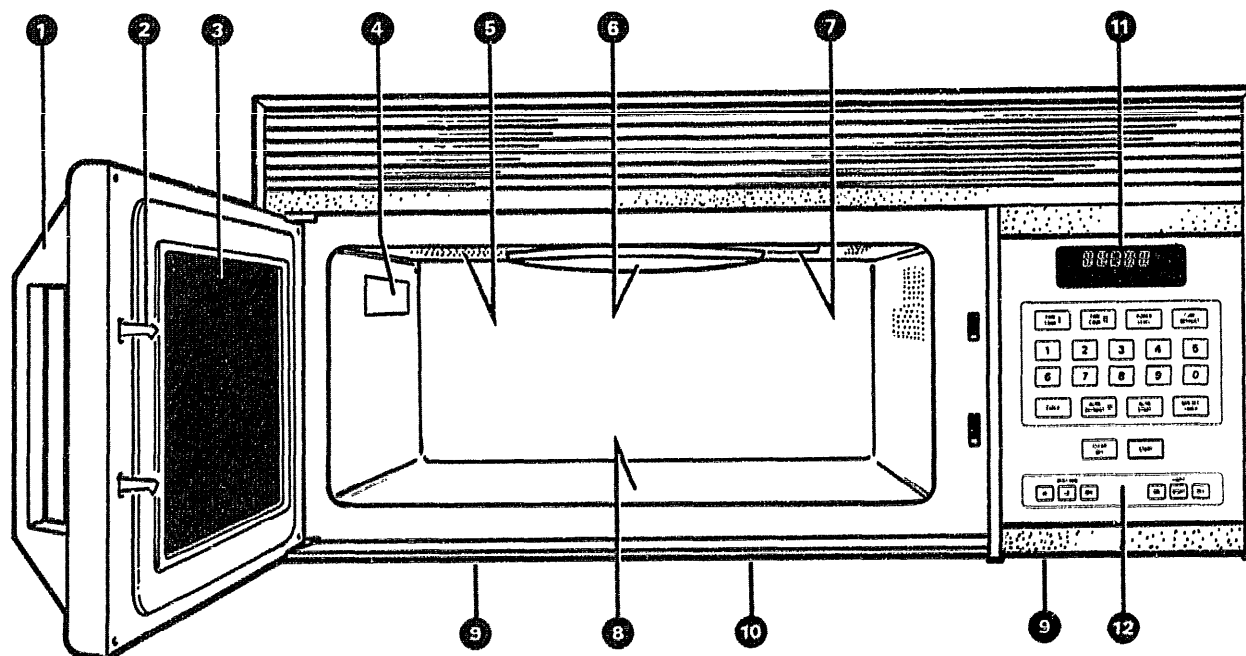
Features of Your Microwave Oven

Cooking Complete Reminder

(For TIME COOK and DEFROST cycles)

To remind you that you have food in the oven, the oven will beep once a minute until you either open the oven door or touch the CLEAR/OFF PAD.

1.0 cubic foot
oven interior



1. Door Handle. Pull to open door. Door must be securely latched for oven to operate.

2. Door Latches.

3. Window with Metal Shield. Screen allows cooking to be viewed while keeping microwaves confined in oven.

4. Model and Serial Numbers.

5. Oven Vent.

6. Mode Stirrer Cover. Protects the microwave energy distributing system. Do not remove the cover. You will damage the oven.

7. Oven Light. Light comes on when door is opened or when oven is operating.

8. Oven Floor.

9. Grease Filters.

10. Cooktop Light.

11. Touch Control Panel and Display. See pages 6 and 7.

12. Hood Controls.
Fan. Press HI, LO or OFF.
Light. Press ON for cooktop light. Press NIGHT for Night Light.

Your Touch Control Panel

The touch control panel allows you to set the oven controls electronically with the touch of a finger. It's designed to be easy to use and understand. With your microwave oven, you have the option of using your automatic cooking control pads for quick and easy convenience cooking. Or you may make your own programs to suit your individualized cooking style.

When You Plug in the Oven

The display panel displays five 8's, 18 POWER, and all of the oven functions. After 15 seconds, all lights disappear and "RESET" appears in the upper portion. Touch the CLEAR/OFF pad, set the CLOCK, and oven is ready for use.

If power is disrupted at any time, the above sequence recurs, and you must reset CLOCK after touching CLEAR/OFF.

"Error" Appears on Display:

- When using Auto Defrost, the food weight you entered did not correspond with the code number entered.

1. Display Panel. Displays time of day and time counting down during cooking functions.

2. Time Cook I and Time Cook II. Microwave for a preset amount of time using automatic power level 10 or change power level after setting time. (See page 9.)

3. Number Pads. Touch these pads to enter time or power level.

4. Clock. Touch this pad to enter time of day or check time of day while microwaving. To set clock, first touch CLOCK pad and then enter time of day. For example, if time is 1:30, touch number pads 1, 3, and 0 and "1:30" will appear on display. "START" will flash, directing you to touch START, thus setting the clock. If you wish to reset or change time, simply repeat the above process.

5. Auto Defrost. Touch this pad, then code number and food weight. The oven automatically sets power levels and defrosting time. (See page 10.)

6. Clear/Off. When touched, it stops the oven and erases all settings except time of day.

7. Exhaust Fan. Press HI, LO, or OFF for desired fan speed.

8. Time Defrost. Gentle thawing at automatic power level 3, or change power level after entering time. (See page 11.)

9. Power Level. Touch this pad before entering another power level number if you want to change from automatic power level 10 (High) for cooking or power level 3 (Low) for defrosting.

10. Min/Sec Timer. This feature uses no microwave energy while it functions as both a kitchen timer or as a holding period between defrost and time cooking. (See page 8.)

11. Auto Start. Allows you to program your oven to begin cooking at a preset time of day—up to a 12-hour delay. (See page 9.)

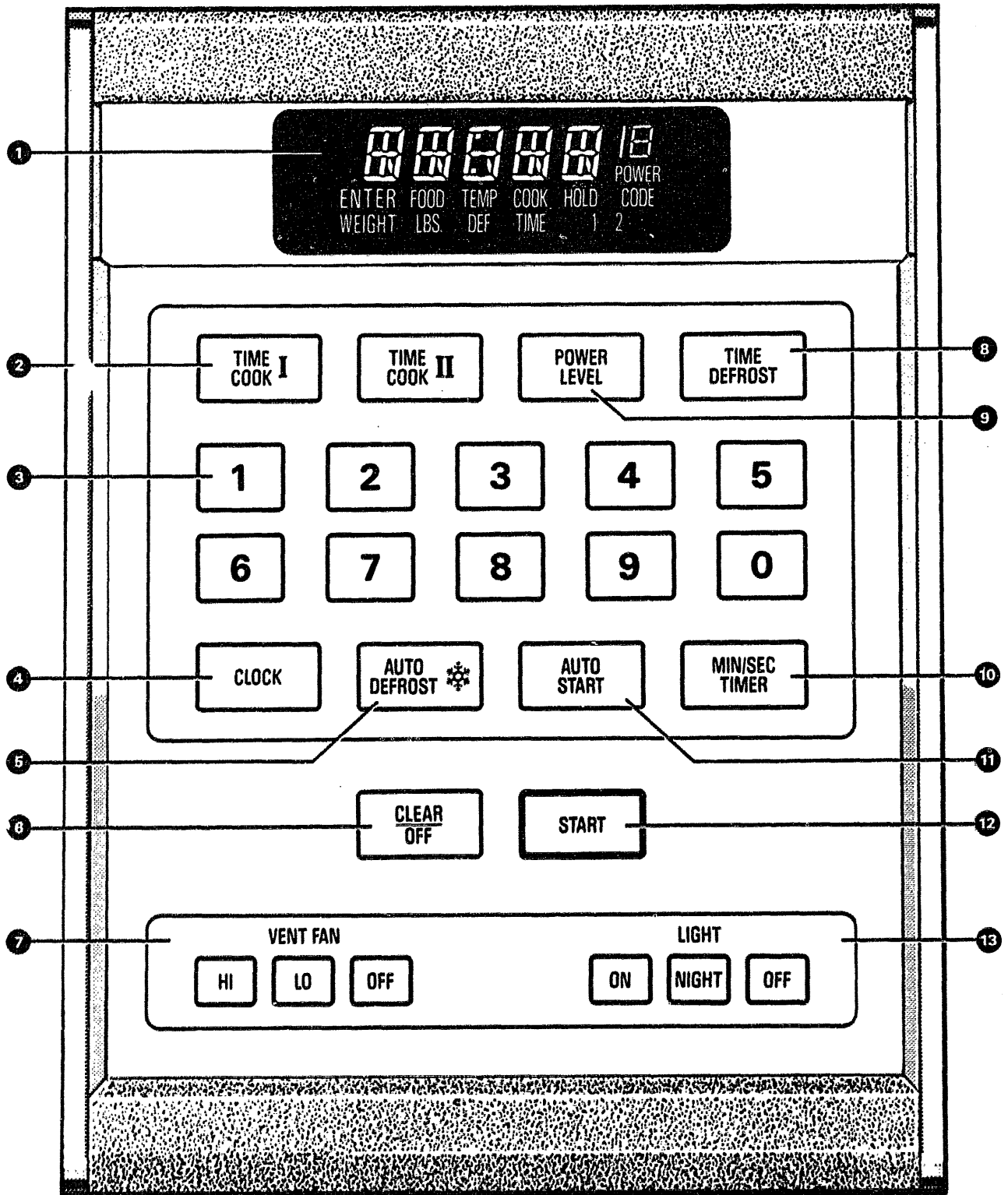
12. Start. After all selections are made, touch this pad to start oven.

13. Light. Touch desired pad to illuminate counter or to turn on night light.

AUTOMATIC FAN FEATURE

Cooking appliances installed under the oven might, under some heavy usage conditions, cause temperatures high enough to overheat some internal parts of the microwave oven.

To prevent overheating, the exhaust fan is designed to automatically turn on at low speed if excessive temperatures occur. Should this happen, the fan cannot be manually turned off, but it will automatically turn off when the internal parts have cooled. The fan may stay on up to approximately 30 minutes after the range and microwave oven controls have been turned off.



How to Use the Minute/Second Timer

The MIN/SEC TIMER has three timing functions:

- It operates as a minute timer.
- It can be set to delay cooking.
- It can be used as a hold setting after defrosting.

The MIN/SEC TIMER operates without microwave energy.

How to Time a 3-Minute Phone Call

1. Touch MIN/SEC TIMER pad. The display shows “: 0” and “ENTER TIME” flashes.
2. Touch number pads 3, 0 and 0 (for 3 minutes and no seconds). Display shows “3:00” and “TIME.”
3. Touch START. Display shows time counting down.
4. When time is up, oven signals, flashes “End,” and display shows time of day.

Programming a Holding Time

The Minute/Second Timer can also be used to program a holding time between microwave cooking functions. The time can range from one second to 99 minutes and 99 seconds. A hold or “standing time” may be requested in some of your own recipes or the cooking guide.

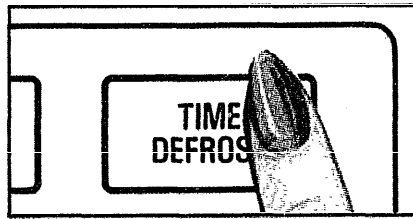
Programming Delayed Cooking

To delay cooking up to 99 minutes and 99 seconds, touch TIME COOK I and enter cooking time. Then, touch MIN/SEC TIMER and enter number of minutes to delay cooking. Touch START. Timer will count down to zero and cooking will begin.

How to Time Defrost, Hold and Time Cook

Let's say you want to defrost a frozen casserole for 15 minutes, hold for 10 minutes and then Time Cook for 25 minutes. Here's how to do it:

Step 1: Take casserole from freezer and place in oven.



Step 2: Touch TIME DEFROST pad.



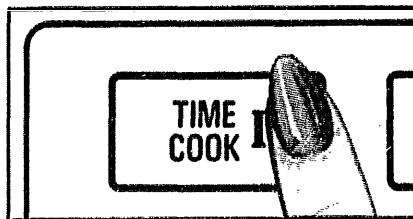
The display shows “: 0” and “POWER 3.” “ENTER DEF TIME” flashes.

Step 3: Touch pads 1, 5, 0 and 0 for 15 minutes defrosting time. “15:00” appears on display. (Defrosting is automatically set on power level 3 but can be changed by touching the POWER LEVEL pad and the desired power level.)



Step 4: Set holding or standing time by touching MIN/SEC TIMER. The display shows “: 0” and “ENTER TIME” flashes.

Step 5: Touch 1, 0, 0 and 0 to hold for ten minutes. “10:00” appears on display and “TIME” flashes.



Step 6: Touch TIME COOK I pad. The display shows “: 0” and “POWER 10.” “ENTER COOK TIME 1” flashes.

Step 7: Touch 2, 5, 0 and 0 for twenty-five minutes of cooking time. “COOK TIME 1” flashes, “25:00” and “POWER 10” appear on display.



Step 8: Touch START. “DEF TIME” and “15:00” counting down show on display. As each function is automatically performed, oven display shows instructions entered and the function.

Step 9: When time is up, the oven signals, flashes “End” and shuts off.

Questions and Answers

Q. What will happen if I accidentally reverse my defrost, hold and cook instructions?

A. The oven will automatically rearrange your program. Defrosting will always come first, then hold, and then the cooking function.

Q. Can I defrost and hold only?

A. Yes. Sometimes you may only want to defrost a food, hold it, and cook it later. All you need to do is program in Time Defrost and amount of time. Then program a holding time (example in steps 4 and 5 at left). Be sure to put the thawed dish in the refrigerator promptly.

NOTE: Let foods remain at room temperature only as long as safe. Times will vary.

Q. I programmed my oven for a specific defrosting time but it defrosted longer than necessary. What happened?

A. When instructions conflict, the oven carries out the last instruction. You may have set the oven to defrost for 4 minutes, hold for 2 minutes, and then defrost for 6 minutes. In this case, the oven would defrost for 6 minutes and hold for 2 minutes.

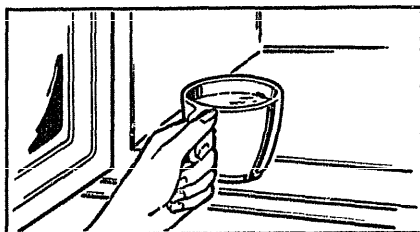
Cooking by Time

The time cooking feature allows you to preset the cooking time.

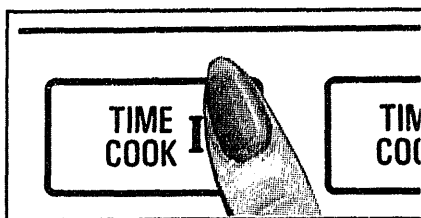
The oven shuts off automatically.

Power level 10 (High) is recommended for most cooking, but you may change this for more flexibility. See the cooking guide.

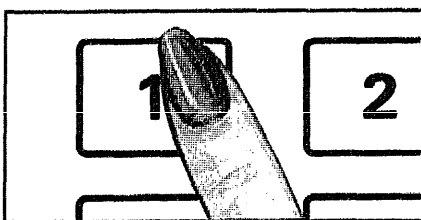
To become better acquainted with time cooking, make a cup of coffee by following the steps below.



Step 1: Fill a cup 2/3 full of water, add 1 teaspoon of instant coffee and stir to dissolve. Use a cup that has no metal decoration and is microwave safe (see Microwaving Tips on page 2). Place cup in oven and close door.



Step 2: Touch TIME COOK I. Display shows ": 0" and "POWER 10." "ENTER COOK TIME 1" flashes.



Step 3: Select your time. Touch 1, 2 and 0 for a minute and 20 seconds. Display shows "1:20" and "POWER 10." "COOK TIME 1" flashes.

Because automatic power level 10 is recommended for this cup of coffee, there is no need to change the power level. (If power level 10 is not appropriate, see "How to Change Power Level" at right.)

Step 4: Touch START. "COOK TIME 1," "POWER 10," and time counting down show on display.

Step 5: When time is up, the oven signals and flashes "End." Oven, light and fan shut off.

Step 6: Open the door.

Using the Time Cook II Feature

The Time Cook II feature lets you set two time cooking functions within one program. This is ideal when you want to change power levels during your cooking operations. Here's how to do it.

Step 1: Place food in oven in microwave-safe container and close the door.

Step 2: Touch TIME COOK I pad. Display shows ": 0" and "POWER 10." "ENTER COOK TIME 1" flashes.

Step 3: Select your cooking time. For example, touch 2, 1 and 5 for two minutes and 15 seconds. Display shows "2:15" and "POWER 10." "COOK TIME 1" flashes.

Step 4: Touch TIME COOK II pad.

Step 5: Set your cooking time.

How to Change Power Level

After setting cooking time, touch POWER LEVEL pad, then touch desired number for new power level.

Step 6: Touch START.

Step 7: "POWER 10" is displayed and Cook Time 1 is shown counting down.

Step 8: At the end of Cook Time 1, the second power level is displayed and Cook Time 2 is shown counting down.

Step 9: When time is up, the oven signals and flashes "End." The oven, light and fan shut off.

Step 10: Open the door.

How to Use Auto Start

Auto Start allows you to program your oven to begin cooking at a preset time of day—up to a 12 hour delay.

To Use Auto Start

Step 1: Enter your desired cooking program.

Step 2: Touch AUTO START pad (instead of START pad).

Step 3: Enter the time you want the oven to start. (Be sure your microwave oven clock shows the correct time of day.)

Step 4: Touch START pad. The oven will automatically start at the desired time.

Questions and Answers

Q. I set my oven for the time called for in the recipe, but at the end of the time allowed, my food wasn't done. What happened?

A. Since house power varies due to time or location, many time cook recipes give you a time range to prevent overcooking. Set the oven for minimum time, test the food for doneness, and cook your food a little longer, if necessary.

Q. I touched the number pads and selected my power level. When I touched START, however, my oven didn't come on. Why not?

A. The TIME COOK I or II pad must be touched before setting the number pads or else your oven will not begin cooking.

Q. I want to cook on a power level other than High. What do I need to do?

A. To change the power level, touch the POWER LEVEL pad, then touch desired number for new power level.

Q. Can I interrupt Time Cook to check the food?

A. Yes. To resume cooking, simply close the door and press the START pad. The timer must be reset for cooking to resume unless time is remaining on timer.

Automatic Defrosting

With the Auto Defrost feature, the oven automatically sets the defrosting time and power levels for you. You choose the appropriate code number from 1 to 6 for the food you are defrosting, then enter the food weight in pounds and tenths of a pound (See Conversion Guide below) and touch START. The oven calculates the defrosting time and changes power levels during defrosting to give even defrosting results.

When the oven reaches approximately half of the total defrosting time, the display flashes "TURN," telling you to turn food over and will not continue defrosting until door is opened and START is touched again.

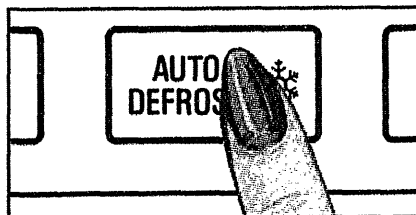
After defrosting time is complete, the oven automatically goes into a holding period as shown on the Automatic Defrosting Guide on this page. This holding period is necessary to finish the defrosting of the interior of the food.

How to Set Auto Defrost

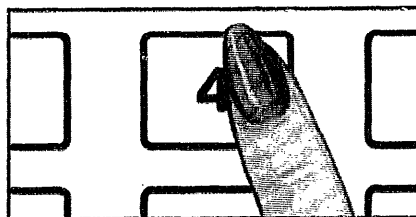
NOTE: Before you begin, check the Auto Defrost code guide located at the bottom of the oven when you open the door. This guide shows minimum and maximum food weights for each code number. You will need to know your food weight and corresponding code before beginning.

NOTE: If "ERROR" appears after entering food weight, check the Auto Defrost code guide to make sure that weight corresponds to the code number entered.

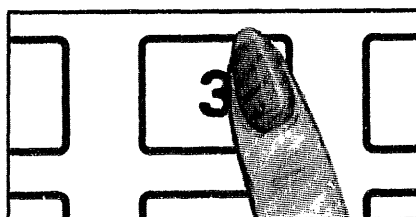
Step 1: Remove frozen meat from package and place in microwave-safe dish. Place in oven and close door.



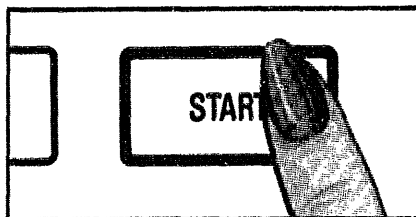
Step 2: Touch Auto Defrost pad. "ENTER CODE" flashes on display.



Step 3: Touch number pad 4. "CODE 4" and "LBS." shows on display. "ENTER WEIGHT" flashes.



Step 4: Touch number pad 3 and 0 for weight of 3 lbs. Display shows "3.0," "CODE 4" and "START" flashes.

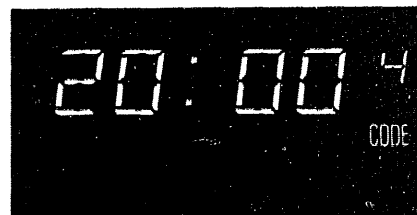


Step 5: Touch START pad. Defrost time begins counting down on display.



Step 6: When 1/2 the defrosting time is completed, the oven signals and "TURN" flashes on display instead of time counting down. Open door and turn package over.

Step 7: Close door and touch the START pad. Display shows remaining defrosting time counting down.



Step 8: When defrosting time is completed, oven automatically switches to a Hold period of 20 minutes for code 4. Hold time counting down shows on display. When holding time is finished oven signals, "End" flashes, and oven turns off.

Conversion Guide

If the weight is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

Ounces	Pounds
1-2	.1
3	.2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9

Automatic Defrosting Guide

CODE	MIN.-MAX. WEIGHT	HOLD TIME*	RECOMMENDED FOOD	
1	.5-4.9 lbs.	none	Chicken pieces	* In Auto Defrost, it is necessary to allow the meat to stand during holding time. You may take the meat out of the oven if you prefer.
2	.5-3.9 lbs.	none	Fish	
3	.5-5.9 lbs.	none	Ground Beef	
4	3.0-5.9 lbs.	20 min.	Roasts, Bone in	
5	3.0-5.9 lbs.	20 min.	Roasts, Boneless	
6	.5-3.9 lbs.	none	Steaks and Chops	

Defrosting by Time

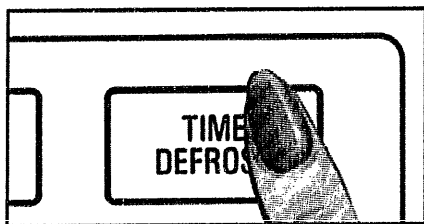
Time Defrost is designed for speedy thawing of frozen food and is one of the great advantages of a microwave oven.

Use Time Defrost to quickly thaw foods such as bread, rolls, vegetables, fruits and frozen dinners. Auto Defrost is preferred for meat and poultry because the oven sets the defrosting time and power levels for you.

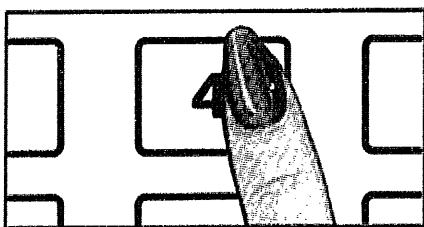
- Power level 3 is automatically set for defrosting, but you may change this for more flexibility.
- See the defrosting guide for defrosting help.

To become better acquainted with the Time Defrost function, defrost a 10-oz. package of frozen strawberries by following the steps below.

Step 1: Place package of frozen strawberries in the oven and close door. Be sure package contains no metal.



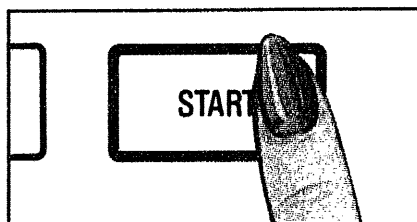
Step 2: Touch TIME DEFROST. Display shows “: 0” and “POWER 3.” “ENTER DEF TIME” flashes.



Step 3: Select one half of the total defrosting time recommended in the defrosting guide. For example, touch 4, 0 and 0 for 4 minutes. Display shows “4:00” and “POWER 3.” “DEF TIME” flashes.

How to Change Power Level

After setting defrosting time, touch POWER LEVEL pad, then touch desired number for new power level.



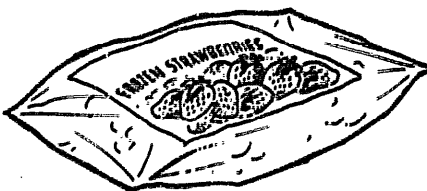
Step 4: Touch START. “DEF TIME” shows and time counts down on display. When cycle is completed, the oven signals and flashes “End,” then automatically shuts off.

Step 5: Turn package over, close door and repeat Steps 2 and 3 to set remaining half of defrosting time and touch START.

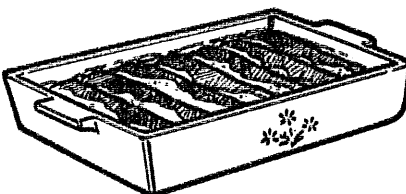
Step 6: When oven signals and flashes “End,” open door, remove package and separate strawberries to finish defrosting.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package.



- For even defrosting, some foods need to be broken up or separated part of the way through the defrosting time.



- Family-size pre-packaged frozen entrees can be defrosted and microwaved. If the food is in a foil container, transfer it to a microwave safe dish.
- Check the defrosting guide for other defrosting tips.

Questions and Answers

Q. When I press START, I hear a dull thumping noise. What is it?

A. This sound is normal. It is letting you know the oven is using a power level lower than 10 (High).

Q. Can I defrost small items in a hurry?

A. Yes, but they will need more frequent attention than usual. Raise the power level after entering the time by touching the desired power level pad. Power level 7 cuts the total defrosting time about in 1/2; power level 10 cuts the total defrosting time to approximately 1/3. During either, rotate or stir food frequently.

Q. Why don't the defrosting times in the defrosting guide seem right for my food?

A. These times are averages. Defrosting time can vary according to the temperature in your freezer. Set your oven for the time indicated in the defrosting guide. If your food is still not completely thawed at the end of that time, reset your oven and adjust the time accordingly.

Q. Should all foods be completely thawed before cooking?

A. Some foods should not be completely thawed before cooking. For example, fish cooks so quickly it is better to begin cooking while it is still slightly frozen.

Q. Can I open the door during Time Defrost to check on the progress of my food?

A. Yes. You may open the door at any time during microwaving. To resume defrosting, close the door and press START. The oven begins operating if time is left on timer. If not, reset timer.

Microwave Adapting

Cooking Techniques for Microwaving

Covering. In both conventional and microwave cooking, covers hold in moisture and speed heating. Conventionally, partial covering allows excess steam to escape. Venting plastic wrap or covering with wax paper serves the same purpose when microwaving.

Arranging Food in Oven. In conventional baking, you position foods, such as cake layers or potatoes, so that hot air can flow around them. When microwaving, you arrange foods in a ring, so that all sides are exposed to microwave energy.

Stirring. In range top cooking, you stir foods up from the bottom to help them heat evenly. When microwaving, you stir cooked portions from the outside to the center. Foods which require constant stirring conventionally will need only occasional stirring.

Turning Over. In range top cooking, you turn over foods such as hamburgers, so both sides can directly contact the hot pan. When microwaving, turning is often needed during defrosting, or when cooking foods such as hamburgers from the frozen state.

Standing Time. In conventional cooking, foods such as roasts or cakes are allowed to stand to finish cooking or set. Standing time is especially important in microwave cooking. Note that the microwaved cake is not placed on a cooling rack.

Shielding. In a conventional oven, you shield chicken breasts or baked foods to prevent over-browning. When defrosting, you use small strips of foil to shield thin parts, such as the tips of wings and legs on poultry, which would cook before larger parts were defrosted.

Prick Foods to Release Pressure. Steam builds up pressure in foods which are tightly covered by a skin or membrane. Prick potatoes (as you do conventionally), egg yolks and chicken livers to prevent bursting.

Rotating. Occasionally, repositioning a dish in the oven helps food cook evenly. To rotate 1/2 turn, turn the dish until the side which was to the back of the oven is to the front. To rotate 1/4 turn, turn the dish until the side which was to the back of the oven is to the side.

If you use a meat thermometer while cooking, make sure it is safe for use in microwave ovens.

Effects of Food Characteristics on Microwaving

Density of Food. In both conventional and microwave cooking, dense foods, such as a potato, take longer to cook or heat than light, porous foods, such as a piece of cake, bread or a roll.

Round Shapes. Since microwaves penetrate foods to about 1-in. from top, bottom and sides, round shapes and rings cook more evenly. Corners receive more energy and may overcook. This may also happen when cooking conventionally.

Delicacy. Foods with a delicate texture such as custards are best cooked at lower power settings to avoid toughening.

Natural Moisture of food affects how it cooks. Very moist foods cook evenly because microwave energy is attracted to water molecules. Food uneven in moisture should be covered or allowed to stand so heat can disperse evenly.

Piece Size. Small pieces cook faster than large ones. Pieces which are similar in size and shape cook more evenly. With large pieces of food, reduce the power setting for even cooking.

Shape of Food. In both types of cooking, thin areas cook faster than thick ones. This can be controlled in microwaving by placing thick pieces near the outside edge, and thin pieces in the center.

Starting Temperature. Foods taken from the freezer or refrigerator take longer to cook than foods at room temperature. Timings in our recipes are based on the temperatures at which you normally store the foods.

Quantity of Food. In both types of cooking, small amounts usually take less time than large ones. This is most apparent in microwave cooking, where time is directly related to the number of servings.

Adapting Your Favorite Recipes

Once you begin to use your microwave oven, you will soon be able to adapt most of your conventional cooking quite easily to microwave cooking techniques. The more you use your microwave oven, the more you will enjoy using it. Not only will you save the time, trouble and energy necessary in conventional cooking, you will

have more flavorful food and fewer dishes to wash. Simply cook, or reheat and serve foods in the same dish.

Before using your microwave oven, we suggest you carefully read through this guide book, then practice with our suggested recipe.

How to Adapt Conventional Recipes for Microwaving.

Before converting a conventional recipe for microwaving, study it in terms of microwaving. Is it one of the many foods which microwave well? Look for cooking techniques which are similar to microwaving techniques, such as covering, steaming or cooking in sauce or liquid. If the food requires a crisp, fried crust or very dry surface, you may prefer to cook it conventionally. Some recipes may not be exactly the same when microwaved, others will not need changing. (Moist, rich cakes, candies and meat loaves are examples.)

Since liquids do not evaporate when microwaved, reduce the amount in saucy casseroles. Add more thickening to sauces and gravies. Reduce some seasonings also; they will not lose intensity in short microwaving times. Salt meats and vegetables **after** cooking. If an ingredient takes longer to microwave than others in the same dish, precook that ingredient before adding to the others.

Favorite Stuffed Peppers

6 medium green peppers
1½ lbs. ground chuck beef
½ cup chopped onion
1 cup cooked rice
1 teaspoon salt
¼ teaspoon pepper
1 clove garlic, minced
1 can (10¾-oz.) condensed tomato soup
½ cup water
1 to 2 cups grated cheese

Makes 6 servings

Conventional Method

Cut off tops of green peppers; remove seeds and membrane. Cook peppers 5 minutes in enough boiling water to cover; drain. In medium skillet on range top, cook and stir ground beef and onion until onion is tender. Drain off fat. Stir in rice, salt, pepper and garlic. Divide evenly into peppers. Arrange peppers upright in 8-in. square dish.

Blend soup and water until smooth; pour over peppers. Cover. **Bake at 350° for 45 minutes to 1 hour.** Sprinkle with cheese, recover and let stand 5 to 10 minutes to melt cheese.

Microwave Method

Cut off tops of green peppers; remove seeds and membrane. Mix raw beef with onion, rice, salt, pepper and garlic. Divide evenly into peppers. Arrange peppers upright snugly around edge of 3-qt. casserole.

Blend soup and water until smooth. Pour over peppers. Cover. **Microwave at High (10) for 25 to 30 minutes**, rotating 1/2 turn after 15 minutes. Sprinkle with cheese, recover and let stand 5 to 10 minutes before serving.

Heating or Reheating Guide

- Directions below are for reheating already-cooked foods at refrigerator or room temperature. Use microwave oven safe containers.
- Cover most foods for fastest heating (see tips). Exceptions are rare or medium meats, some sandwiches, griddle foods like pancakes and baked foods.
- Bubbling around edges of dish is normal, since center is last to heat. Stir foods before serving.
- Be sure foods are heated through before serving. Steaming or bubbling around edges does not necessarily mean food is heated throughout. As a general rule, hot foods produce an area warm to the touch in center of underside of dish.

Item	Amount	Power Level	Approximate Time, Min.
Appetizers			
Saucy such as meatballs, riblets, cocktail franks, etc. (½ cup/serving)	1 to 2 servings 3 to 4 servings	High (10) High (10)	1½ to 4 4 to 6
Dips: cream or processed cheese	½ cup 1 cup	Medium (5) Medium (5)	2½ to 3½ 3 to 5
Pastry bites: small pizzas, egg rolls, etc.	2 to 4 servings	High (10)	1 to 2½
Tip: Cover saucy appetizers with wax paper. Cover dips with plastic wrap. Do not cover pastry bites, they will not be crisp.			

Plate of Leftovers

Meat plus 2 vegetables	1 plate	High (10)	2 to 4
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Tip: Cover plate of food with wax paper or plastic wrap.

Meats and Main Dishes

Saucy main dishes: chop suey, spaghetti, creamed chicken, chili, stew, macaroni and cheese, etc. (¾-1 cup/serving)	1 to 2 servings 3 to 4 servings 1 can (16-oz.)	High (10) High (10) High (10)	3 to 7 8 to 14 4 to 5½
Thinly sliced roasted meat:			
Rare beef roast, minimum time; Medium rare, maximum time (3 to 4-oz./serving)	1 to 2 servings 3 to 4 servings	Med-High (7) Med-High (7)	1 to 2 2 to 3½
Well done: beef, pork, ham, poultry, etc.	1 to 2 servings 3 to 4 servings	Med-High (7) Med-High (7)	1½ to 3 3 to 5
Steaks, chops, ribs, other meat pieces:			
Rare beef steak	1 to 2 servings 3 to 4 servings	Med-High (7) Med-High (7)	2½ to 4 5 to 9
Well done beef, chops, ribs, etc.	1 to 2 servings 3 to 4 servings	Med-High (7) Med-High (7)	2 to 3 4 to 7
Hamburgers or meat loaf (4-oz./serving)	1 to 2 servings 3 to 4 servings	High (10) High (10)	¾ to 2 1½ to 3½
Chicken pieces	1 to 2 pieces 3 to 4 pieces	High (10) High (10)	¾ to 2 2 to 3½
Hot dogs and sausages	1 to 2 3 to 4	High (10) High (10)	1 to 1½ 2 to 3
Rice and pasta (¾-¾ cup/serving)	1 to 2 servings	High (10)	1 to 2
Topped or mixed with sauce (¾-¾ cup/serving)	1 to 2 servings 3 to 4 servings	High (10) High (10)	3 to 6 8 to 12

Tip: Cover saucy main dishes with plastic wrap. Cover other main dishes and meats with wax paper. Do not cover rare or medium rare meats. When heating or reheating 3 or 4 servings of meat slices or pieces, rotate dish 1/2 turn after half of time.

Sandwiches

Moist filling: Sloppy joe, barbecue, ham salad, etc. in bun (½ cup/serving)	1 to 2 servings 3 to 4 servings	Med-High (7) Med-High (7)	1 to 2½ 2½ to 4
Thick meat-cheese filling with firm bread	1 to 2 servings 3 to 4 servings	Med-High (7) Med-High (7)	2 to 3 4 to 5

Tip: Use paper towel or napkin to cover sandwiches.

Item	Amount	Power Level	Approximate Time, Min.
Soups			
Water based (1 cup/serving)	1 to 2 servings	High (10)	2 to 6
	3 to 4 servings	High (10)	7 to 11
	1 can (10-oz.)	High (10)	6 to 7
Milk based (1 cup/serving)	1 to 2 servings	Med-High (7)	3 to 8
	3 to 4 servings	Med-High (7)	8 to 12
	1 can (10-oz.) reconstituted	Med-High (7)	6 to 7
Tip: Cover soups with wax paper or plastic wrap.			
Vegetables			
Small pieces: peas, beans, corn, etc. (½ cup/serving)	1 to 2 servings	High (10)	1 to 3
	3 to 4 servings	High (10)	3 to 4½
	1 can 16-oz.	High (10)	3½ to 4½
Large pieces or whole: asparagus spears, corn on the cob, etc.	1 to 2 servings	High (10)	1½ to 3
	3 to 4 servings	High (10)	3 to 4½
	1 can (16-oz.)	High (10)	4 to 4½
Mashed potatoes (½ cup/serving)	1 to 2 servings	High (10)	1 to 3
	3 to 4 servings	High (10)	3 to 6
Tip: Cover vegetables for most even heating.			
Sauces			
Dessert: chocolate, butterscotch	½ cup	High (10)	1 to 1½
	1 cup	High (10)	1½ to 2½
Meat or main dish, chunky type: giblet gravy, spaghetti sauce, etc.	½ cup	High (10)	1½ to 2½
	1 cup	High (10)	2½ to 4
	1 can (16-oz.)	High (10)	4 to 6
Creamy type	½ cup	High (10)	1 to 1½
	1 cup	High (10)	2 to 2½
Tip: Cover food to prevent spatter.			
Bakery Foods			
Cake, coffee cake, doughnuts, sweet rolls, nut or fruit bread	1 piece	Low (3)	½ to 1
	2 pieces	Low (3)	1 to 2
	4 pieces	Low (3)	1½ to 2½
	9-in. cake or 12 rolls or doughnuts	Low (3)	2 to 4
Dinner rolls, muffins	1	Medium (5)	¼ to ½
	2	Medium (5)	½ to ¾
	4	Medium (5)	¾ to 1
	6 to 8	Medium (5)	¾ to 1½
Pie: fruit, nut or custard ¼ of 9-in. pie=1 slice (use minimum time for custard)	1 slice	High (10)	½ to 1
	2 slices	High (10)	1 to 1½
	4 slices	Med-High (7)	2½ to 3
	9-in. pie	Med-High (7)	5 to 7
Tip: Do not cover.			
Griddle Foods			
Pancakes, French toast or waffles (3-in. × 4-in.)			
	Plain, no topping	High (10)	1 to 1½
	Syrup & butter	High (10)	1 to 1½
	With 2 sausage patties (cooked)	High (10)	1¼ to 1½
Tip: Do not cover.			
Beverages			
Coffee, tea, cider, other water based	1 to 2 cups	High (10)	1½ to 3½
	3 to 4 cups	High (10)	6 to 7
Cocoa, other milk based	1 to 2 cups	Med-High (7)	2½ to 7
	3 to 4 cups	Med-High (7)	7 to 10
Tip: Do not cover.			

Defrosting Guide

1. Food packaged in all-paper or plastic packages may be defrosted without unwrapping. If food is foil wrapped, remove foil and place food in cooking dish for defrosting.
2. After first half of defrosting time, unwrap package and check food. Turn food over, if necessary; break apart or separate food if possible. On very large foods like turkey, some shielding of thin wing or leg areas may be necessary.
3. Be sure large meats are completely defrosted (or, on roasts allow extra microwaving time). Turkeys may be placed under running water until giblets can be removed.
4. When defrosted, food should be cool but softened in all areas. If still slightly icy, return to microwave oven very briefly, or let stand a few minutes.

Food	First Half Time, Min.	Second Half Time, Min.	Comments
Meat [Power Level: Defrost (3)]			
Bacon	3½ to 4	1	Place unopened package in oven. Rotate package 1/4 turn after half time. Let stand for 5 minutes.
Franks (1-lb.)	4 to 5	none	Place unopened package in oven. Microwave just until franks can be separated.
Ground: beef & pork (1-lb.)	4	4 to 6	Turn over after first 4 minutes.
(2-lbs.)	6	6 to 8	Turn meat over after first half of time. Scrape off softened meat after second half of time. Set aside. Break up remaining block, microwave 5 to 6 minutes more.
(5-lbs.)	12	12 to 14	Turn meat after first half of time. Scrape off softened meat after second half of time. Set aside. Microwave 11 to 12 minutes more. Scrape and set aside. Break up remaining block and microwave 3 to 5 minutes more.
Roast: beef & pork	4 to 5 per lb. 5 to 6 per lb.	4 to 5 per lb. 5 to 6 per lb.	Place unwrapped roast in oven. After half of time turn roast over. Defrost for second half of time. Let stand for 30 minutes.
Spareribs, pork (1 pkg.)	2 to 4 per lb.	2 to 4 per lb.	Place wrapped package in oven. Turn over after first half of time. After second half of time, separate pieces with table knife. Let stand to complete defrosting.
Steaks, chops & cutlets; beef, lamb, pork & veal	2 to 4½ per lb.	2 to 4½ per lb.	Place wrapped package in oven. Turn over after first half of time. After second half of time, separate pieces with table knife, let stand to complete defrosting.
Sausage, bulk (1-lb. tray)	2½	2½ to 4½	Turn over after first 2½ minutes.
(1-lb. roll)	2	3 to 4	Turn over after first half of time. Let stand 5 minutes.
Sausage, link (1 to 1½-lbs.)	2	1½ to 2½	Rotate package 1/4 turn after half of time. Let stand for 5 minutes.
Sausage, patties (12-oz. pkg.)	1	1 to 2	No turn needed.

Poultry

Chicken, broiler-fryer, cut up (2½ to 3½-lbs.)	7 to 8	7 to 8	Place wrapped chicken in oven. After half of time, unwrap and turn over. After second half of time, separate pieces and place in cooking dish. Microwave 2 to 4 minutes more, if necessary. Let stand a few minutes to finish defrosting.
Whole (2½ to 3½-lbs.)	9 to 11	9 to 11	Place wrapped chicken in oven. After half of time, unwrap and turn over chicken. Shield warm areas with foil. Run cool water in cavity until giblets can be removed.
Cornish hen	4 to 6 per lb.	4 to 5 per lb.	Place wrapped package in oven breast side up. Turn package over after first half of time.
Duckling	2 to 3 per lb.	2 to 3 per lb.	Place wrapped duckling in oven. After first half of time, unwrap and turn over into cooking dish. Shield warm areas with foil. Run cool water in cavity until giblets can be removed.
Turkey	4½ to 5½ per lb.	4½ to 5½ per lb.	Place unwrapped turkey breast side down. After first half of time, remove wrapper and shield warm areas with foil. Turn turkey breast side up for second half of time. Run cool water into cavity until giblets and neck can be removed. Let soak in cool water for 1 to 2 hours or refrigerate overnight to complete defrosting.

Food	First Half Time, Min.	Second Half Time, Min.	Comments
Fish & Seafood [Power Level: Defrost (3)]			
Filletts (1-lb.)	6	6	Place unopened package in oven. (If fish is frozen in water, place in cooking dish.) Rotate 1/2 turn after first half of time. After second half of time, hold under cold water to separate.
Steaks (6-oz.)	2 to 3		Let stand a few minutes to finish defrosting.
Whole fish (8 to 10-oz.)	2	2 to 4	Place fish in cooking dish. Turn over after first half of time. After second half of time, rinse cavity with cold water to complete defrosting.
Shellfish, small pieces (1-lb.)	7 to 8	none	Spread shellfish in single layer in baking dish.
Shellfish, blocks			
Crab meat (6-oz. pkg.)	4 to 5	none	Place block in casserole.
Oysters (10-oz. can)	3 1/4 to 4	3 1/4 to 4	Place block in casserole. Break up with fork after first half of time.
Scallops (1-lb. pkg.)	5 to 7	none	Place unopened package in oven.
Shellfish, large			
Crab legs—1 to 2 (8 to 10-oz.)	4 to 6	none	Arrange in cooking dish.
Lobster tails—1 to 2 (6 to 9-oz.)	3 to 4	3 to 4	Arrange in cooking dish, with meaty side down. Turn over for second half of time.
Whole lobster or crab (1 1/2-lb.)	8 to 9	8 to 9	Place in cooking dish with light underside up. Turn over after first half of time.

Breads, Cakes

Bread or buns (1-lb.)	3 to 4	none	Remove metal twist tie.
Heat & serve rolls (7-oz. pkg.)	2 to 4	none	
Coffee cake (11 to 14 1/4-oz.)	3 1/2 to 5	none	
Coffee ring (10-oz. pkg.)	3 1/2 to 4	none	
Sweet rolls (8 3/4 to 12-oz.)	2 1/2 to 4	none	
Doughnuts (1 to 3)	1 to 3 1/2	none	
Doughnuts, glazed (1 box of 12)	3 to 4	none	
French toast (2 slices)	5 1/2 to 6 1/2	none	
Cake, frosted, 2 to 3 layer (17-oz.)	2 to 3	none	
Cake, filled or topped, 1 layer (12 1/2 to 16-oz.)	2 to 3	none	
Pound cake (11 1/4-oz.)	2	none	Place on microwave safe plate.
Cheesecake, plain or fruit top (17 to 19-oz.)	5 to 7	none	Place on microwave safe plate. Rotate plate 1/2 turn after half of time.
Crunch cakes & cupcakes	1/2 to 3/4 each	none	
Fruit or nut pie (8-in.)	7 to 9	none	
Cream or custard pie (14-oz.)	5 to 6	none	Let pie stand 5 minutes, slice and serve.

Fruit

Fresh frozen (10 to 16-oz.)	6 to 9	none	Place package in oven. Remove foil or metal. After minimum time, break up with fork. Repeat if necessary.
Plastic pouch—1 to 2 (10-oz. pkg.)	5 to 8	none	Place package in oven. Flex package once.

Convenience Food Guide

1. Most convenience foods can be reheated by microwave only, since they are already cooked. Always use microwave safe containers (glass or plastic). For foods needing browning or crisping, conventional baking is recommended.
2. Remove food from foil containers over 3/4-in. high, and place in microwave safe container.
3. Amounts can be increased. To cook multiple packages, add times together. Check at minimum time.

Food	Container	Cover	Power Level & Time		Comments
Appetizers & Snacks					
Pastry bites	Microwave safe dish	No	High (10)	½ to 2½ min.	
Frozen prepared sandwiches	Paper towel	No	High (10)	2 to 3 min. per sandwich	Remove from foil package and wrap in paper towel. Rotate dish 1/2 turn after half of time.
Popcorn	Microwave bag	No	High (10)	3 to 5 min.	Follow package directions.
Eggs & Cheese					
Scrambled egg substitute (8-oz. carton)	Microwave safe dish	No	High (10)	3½ to 4½	Microwave about 1 minute per 1/4 cup mixture. Stir after half of time. Let stand to complete cooking.
Cheese souffle (12-oz.)	Microwave safe 8-in. pie plate and custard cups	No	Defrost (3) Med-High (7)	9 to 13 min. 9 to 11 min.	To Defrost: Place in 8-in. pie plate. Stir twice. To Cook: Divide between 3 or 4 buttered custard cups, 6 or 7-oz. Rearrange after 5 minutes. Souffles are done when center is set.
Breakfast, scrambled eggs (6¼-oz.) with sausage and hash brown potatoes	Package paper tray	Package cover	High (10)	2 to 4 min.	Remove paper tray from carton. Turn back film to expose potatoes.
Welsh rarebit (10-oz.)	Microwave safe dish	Yes	Defrost (3) High (10)	5 min. 5 to 6 min.	Stir or break up after defrosting time. Stir before serving.
Fish & Shellfish					
Crab or shrimp newburg (6½-oz.)	Package pouch	No	High (10)	4 to 5 min.	Puncture pouch 3 or 4 times with fork to vent.
Fish & chips (5 to 14-oz.)	Package tray	No	High (10)	4 to 6 min.	Remove foil cover. Return tray to carton or distribute evenly on microwave safe dish.
Deviled crab (6-oz.)	Microwave safe dish	No	High (10)	3 to 4 min.	
Breaded fish (5 to 10-oz.) (14 to 16-oz.) (23 to 25-oz.)	Microwave safe dish	No	High (10) High (10) High (10)	4 to 5 min. 7 to 9 min. 10 to 12 min.	Distribute evenly on microwave safe dish.
Meat					
Frozen meats (5 to 8-oz.) (10 to 16-oz.) (16 to 32-oz.)	Microwave safe dish or pouch	No	High (10) High (10) High (10)	4½ to 7 min. 5 to 11 min. 12 to 20 min.	If pouch package is used, puncture with fork to vent.
Dry mixes (hamburger added)	Microwave safe casserole		High (10)	11 to 20 min.	Add cooked, drained hamburger.
TV dinners (6 to 11½-oz.) (12 to 20-oz.)	Package tray and carton	Carton	High (10) High (10)	6 to 8 min. 7 to 10 min.	Remove foil cover; replace in carton. Rotate 1/4 turn after half of time.

Food	Container	Cover	Power Level & Time		Comments
Pasta, Rice					
Canned spaghetti, etc.	Microwave safe dish	Lid or plastic wrap	High (10)	3 to 5 min.	Stir before serving.
Frozen rice in pouch (10-oz.)	Pouch		High (10)	6 to 7 min.	Puncture pouch with fork to vent,
Frozen macaroni & cheese, spaghetti (8 to 14-oz.)	Microwave safe dish	Lid or plastic wrap	High (10)	7 to 10 min.	Stir before serving.
Frozen Lasagna (21-oz.)	Microwave safe dish	Wax paper or plastic wrap	High (10)	15 to 20 min.	Rotate dish 1/2 turn after half of cooking time.
Poultry					
Canned (7½ to 10½-oz.) (14 to 24-oz.)	Microwave safe dish	Lid or plastic wrap	High (10) High (10)	2½ to 4 min. 4 to 6 min.	Place in microwave safe dish. Cover; stir after half of time.
Frozen pouch (5 to 6½-oz.)			High (10)	3½ to 4½ min.	Slit pouch before microwaving.
Main dish (12 to 17-oz. pkg.)	Microwave safe dish	No	High (10)	7 to 14 min.	Stir after 5 minutes.
Fried chicken (2 pieces) (1-lb.—6 pieces) (2-lbs.—8 to 10 pieces)	Microwave safe dish	No	High (10) High (10) High (10)	2 to 4 min. 6 to 7 min. 8 to 10 min.	If label does not state "fully cooked," check for doneness.
Sauces, Gravies					
Canned (10 to 16-oz.) (32-oz.)	Microwave safe dish	Lid or plastic wrap	High (10) High (10)	3 to 6 min. 6 to 9 min.	
Vegetables					
Frozen breaded (7-oz.)	Microwave safe dish	No	High (10)	3 to 5 min.	Place on microwave trivet or dish.
Canned (8 to 9-oz.) (15 to 17-oz.) (28 to 32-oz.)	Microwave safe dish	Lid or plastic wrap	High (10) High (10) High (10)	1½ to 2½ min. 4 to 5 min. 5 to 6 min.	Place vegetables in microwave safe dish. Add 1/2 cup liquid or liquid from can. Cover.
Instant mashed potatoes (2 to 6 servings) (8 to 12 servings)	Microwave safe dish	Lid or plastic wrap	High (10) High (10)	4 to 6 min. 8 to 14 min.	Use container size and amounts of water, milk, butter and salt on package. Cover. After heating, briskly stir in potatoes, adding extra 1 or 2 tablespoons dry mix.
Frozen souffle (12-oz. pkg.)	Microwave safe pie plate and custard cups	No	Defrost (3) Med-High (7)	9 to 13 min. 9 to 11 min.	To Defrost: Place souffle upside down in pie plate. To Cook: Divide between 4 custard cups. Souffles are done when centers are set.
Potatoes: baked, stuffed, frozen (1 to 2) (3 to 4)	Microwave safe dish	Wax paper	High (10) High (10)	4 to 7 min. 7 to 10 min.	Check to see that potatoes are NOT IN FOIL. Place on microwave safe dish.

Meats

1. Always use microwave safe dish, plastic or glass.
2. Standing time: Allow about 10 minutes standing time for most roasts before carving.

Food	Container	Cover	Power Level & Time		Comments
Beef					
Ground, crumbled (for casseroles or soup) (1-lb.) (1½-lbs.)	Casserole	No	High (10) High (10)	4 to 6 min. 6 to 8 min.	Stir after half of time. Add sauce or casserole ingredients and finish. To cook frozen block, microwave 10 to 15 minutes, breaking up and stirring every 5 minutes. Let stand 5 minutes.
Meatballs (1-lb.) (2-lbs.)	Round or oblong dish	Wax paper	High (10) High (10)	7 to 9 min. 10 to 13 min.	Round dish: arrange ¾ to 1-in. apart in circle around edge of dish. Oblong dish: arrange ¾ to 1-in. apart. Rotate dish 1/2 turn after half of time.
Patties (4 patties per lb.) (1 to 2 patties) (3 to 4 patties)	Oblong glass dish (with trivet if desired) or ceramic dinner plate	Wax paper	High (10) High (10)	2 to 4 min. 4 to 6 min.	Cover with wax paper or cook uncovered and turn patties over. If desired, add browning sauce or agent. Rotate dish 1/2 turn after half of time.
Tip: (For 1 or 2 patties, use paper plate lined with double thickness paper towels.)					
Meat loaf	Pie plate or loaf dish	Plastic wrap	Med-High (7)	Round loaf: 21 to 23 min. Loaf shape: 25 to 30 min.	Let stand 10 minutes after cooking.
Roasts					
Pot roasts	Oblong dish or casserole	Lid or plastic wrap	Medium (5)	18 to 21 min. per lb.	Brush with browning sauce and add 1/2 cup water to 3 to 5-pound roast. Turn over after half of time. Add vegetables, if desired, after half of time. Recover and finish.
Simmered beef (corned beef or brisket)	Casserole	Lid or plastic wrap	Medium (5)	120 to 130 min.	Add 1 cup water per pound of meat. Turn over after half of time. Let meat stand in broth at least 10 minutes after cooking. For boiled dinner, remove meat, cook vegetables in broth.
Tender roasts (rib, high quality rump, sirloin tip)	Oblong dish and trivet	Wax paper	Medium (5) Rare Medium Well	<u>Min. per lb.</u> 11 to 13 14 to 16 17 to 19	Turn over and shield ends if necessary after half of time. Let meat stand 10 to 15 minutes before carving. If desired, brush with browning sauce or agent before cooking.
Pork					
Bacon Per slice: (1-lb.)	Microwave safe plate or oblong dish	Paper towel	High (10)	¾ to 1 min. 14 to 16 min. total	Arrange in single layer on paper towels or on trivet set in dish. Layer many slices between layers of paper towels in oblong dish.
Pork sausage (raw) (½-lb.—4 patties)	Microwave safe cookware	Wax paper	High (10)	3½ to 4½ min.	Arrange in single layer.
Pork link sausage (raw)	Microwave safe cookware	Wax paper	High (10)	½ to ¾ min. per link	Arrange in single layer. If cooking 6 or more links, rotate dish 1/2 turn after half of time.
Canadian bacon (2 slices) (4 slices) (6 slices)	Microwave safe cookware	Wax paper	High (10) High (10) High (10)	¾ to 1¼ min. 1½ to 2 min. 2 to 2½ min.	Arrange in single layer.
Pork chops (2) (3) (4) (6)	Microwave safe cookware	Plastic wrap	Medium (5) Medium (5) Medium (5) Medium (5)	14 to 18 min. 19 to 24 min. 26 to 32 min. 33 to 37 min.	Brush with barbecue sauce or browning agent, if desired. Let stand covered 5 to 10 minutes before serving.

Food	Container	Cover	Power Level & Time		Comments
Pork roast	13x9x2-in. microwave safe dish	Cooking bag method	Medium (5)	15 to 19 min. per lb.	Tie end of bag securely. Do not use metal twist ties. Or place bone side up on trivet in dish. Add water to dish and cover with wax paper. Microwave at Medium (5) 13 to 15 min. per lb.
Spare ribs	13x9x2-in. dish or 3-qt. casserole	Plastic wrap or cover	Medium (5)	20 to 25 min. per lb.	Add 2/3 cup of water per lb. spare ribs. Turn over or rearrange after half of minimum time. After minimum time, drain liquid and add barbecue sauce; microwave a few minutes to finish.
Ham (precooked or canned)	Oblong dish	Plastic wrap	Medium (5)	11 to 13 min. per lb.	Shield top edge of ham with 1½-in. strip of foil. After cooking period, let ham stand 10 minutes before carving.
Ham loaf	Pie plate	Plastic wrap	Medium (5)	22 to 25 min.	Let stand 5 minutes before serving. If a glaze is desired, spoon pineapple or apricot preserves over cooked ham loaf a few minutes before serving.
Ham slices & steaks	12x8x2-in. dish	Wax paper	High (10)	18 to 27 min.	Turn over at half of time.
Lamb					
Chops (4 chops)	Brown 'N Sear dish (preheated for 8 min.)	No	High (10)	5 to 7 min.	Brush chops lightly with oil. Place in preheated dish. Turn meat at half of time.
Roast (leg or shoulder)	Oblong dish and trivet	Wax paper	Medium (5) Medium Well	Min. per lb. 13 to 15 16 to 18	Place roast on trivet fat side down. Turn over after half of cooking time. Let roast stand 10 minutes before carving.
Veal					
Chops (See lamb chops above.)					
Roast (shoulder)	Oblong dish and trivet	Wax paper	Medium (5)	15 to 17 min. per lb.	Place on trivet fat or cut side down. Turn over after half of cooking time. Let roast stand 10 minutes before carving. Slice thinly.

Poultry

1. Use microwave trivet for chicken and other small poultry, but do not use trivet for cooking turkey breast.

2. Let chicken and other small poultry stand after microwaving for up to 10 minutes. Turkey should be allowed to stand 20 minutes.

Food	Container	Cover	Power Level & Time		Comments
Chicken					
Pieces	Plate or oblong dish	Wax paper	High (10)	2½ to 3 min. per piece	Brush with browning agent if desired. Arrange in single layer in cooking dish so thickest meaty pieces are to outside edges of dish.
Whole chicken (8 pieces)			High (10)	15 to 20 min. total	
Whole uncut (stuffed or unstuffed)	Oblong dish	Oven-proof cooking bag or wax paper	Med-High (7)	9 to 12 min. per lb.	Brush with browning agent if desired. Add 1/3 cup water to cooking bag. Slit bag near closure to vent. Do not use metal tie on bag. Cook breast side up. Or, place chicken on trivet in dish and cover with wax paper. Rotate dish 1/2 turn after half of cooking time.
Cornish Hens					
Whole (stuffed or unstuffed)	Square or oblong dish and trivet	Wax paper	High (10)	6 to 8 min. per lb.	Place breast side down in dish. Turn over after half of time.
Halves	Square or oblong dish	Wax paper	High (10)	9 to 10 min. per lb.	Arrange skin side up in dish, on bed of stuffing, if desired.
Duckling					
	Oblong dish and trivet	Wax paper	High (10)	6 to 8 min. per lb.	Shield bottom of legs, wings and tail. Microwave breast side down for first half of time. Brush with browning sauce or broil top surface of cooked bird until brown and crisp.
Turkey Breast					
	Oblong dish	Cooking bag	Medium (5)	14 to 16 min. per lb.	Brush with browning agent if desired. Add 1/2 cup water to cooking bag. Slit bag near closure to vent. Do not use metal tie on bag. Cook breast side up. Or, place breast up in dish and cover with plastic wrap. Microwave at Medium (5) 21 to 23 minutes per pound. Remove plastic wrap, baste and rotate dish 1/2 turn after half of time.

Breads

1. Crust on breads will be soft, outside color of foods will be same as color of batter (outsides will not brown). If desired, sprinkle top of batter with cinnamon-sugar mixture, chopped nuts or other topping for brown color. Or, increase brown color on upside

down breads by lining dish before microwaving with brown sugar caramel mixture, or savory topping like crushed canned French fried onion rings.

Food	Container	Cover	Power Level & Time		Comments
Coffee Cakes	8-in. tube dish*	No	Medium (5)	6 to 8 min.	Arrange biscuits over brown sugar-butter topping before microwaving. Invert to serve.
From refrigerated biscuits					
Corn Bread	8 to 9-in. tube dish*	No	Med-High (7)	9 to 11 min.	For flavorful browned topping, sprinkle cooking dish with finely chopped canned French fried onions before microwaving. Turn out of pan upside down to serve.
Muffins (1 Muffin)	Paper-lined muffin cups (Do not use foil liners)	No	Med-High (7)	1 to 1½ min.	Use microwave muffin container or homemade muffin cups made by cutting down hot paper drink cups.
(2 to 4)			Med-High (7)	1 to 2 min.	
(3 to 6)			Med-High (7)	2½ to 4½ min.	
Quick Breads, Loaf	Glass loaf dish	No	Med-High (7)	9 to 12 min.	Rotate dish 1/4 turn after half of cooking time. When done, toothpick inserted in center will come out clean. Let stand 15 min. before turning out of dish. Cool.

*If tube dish is unavailable, microwave in 8-in. round dish with drinking glass placed open-side-up in center.

Eggs and Cheese

1. Prepare eggs many ways in the microwave oven, see below. Always pierce whole yolks before microwaving to prevent bursting.
2. Never hard cook eggs in the shell, and do not reheat in-shell hard cooked eggs. They could explode.

3. Cook eggs just until set, they are delicate and can toughen if overcooked.

Food	Container	Cover	Power Level & Time		Comments
Eggs					
Scrambled	Glass measuring cup or casserole	No	High (10)	¾ to 1 min. per egg	Place 1 teaspoon butter per egg in dish. Microwave at High (10) until melted. Scramble the eggs with the butter and 1 tablespoon milk per egg. Place in oven and microwave for half of total time. Stir set portions from the outside to the center. Allow to stand 1 or 2 minutes to set eggs.
Basic eggs	Buttered custard cup	Plastic wrap	Med-High (7)	1 to 1¼ min. per egg	Puncture membrane of yolk to prevent bursting.
Poached eggs	1½-qt. casserole	Casserole cover	High (10)	5 to 6 min. Boil 2 cups water. ¾ to 1 min. per egg	Heat 2 cups hot tap water 5 to 6 minutes on High (10). Break eggs onto plate, puncture membrane. Swirl boiling water with spoon, slip in eggs gently. Cover. Let stand in water a few minutes.
Omelet	9-in. pie plate	No	High (10) Medium (5)	Melt butter 1 min. 6 to 9 min.	Sprinkle cheese over omelet. Microwave 1/2 to 1 minute until cheese is slightly melted. Rotate dish 1/2 turn after half of time.
Quiche	Microwave safe 1-qt. measure and quiche dish	No	Med-High (7)	Filling: 2 to 3 min. Quiche: 6 to 8 min.	Combine and microwave filling, stirring every 2 minutes. Pour filling into precooked shell. Microwave additional time shown at left. Rotate dish 1/2 turn after half of time.

Cheese

Fondue	Microwave safe 2-qt. dish	Cover or plastic wrap	High (10) Medium (5)	To make sauce—6 min. 9 to 10 min.	Make Basic White Sauce (see recipe below), substituting wine for milk. Add 1 cup Swiss cheese and microwave for 9 to 10 minutes, whisking every 1½ minutes.
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Basic White Sauce: Combine 2 tablespoons butter, 2 tablespoons flour and 1/2 teaspoon salt in 1-quart glass measure. Microwave at High (10) 2 minutes, stirring after 1 minute. Gradually stir in 1 cup of milk. Microwave at High (10) 4 to 5 minutes, stirring every minute until thick and bubbly.

Fish and Seafood

1. Fish is done when it flakes easily with a fork. Center may still be slightly translucent, but will continue cooking as fish stands a few minutes before serving.
2. Cook fish with or without sauce. A tight cover steams fish, or use a lighter cover of wax paper or paper towel for less steaming.
3. Do not overcook fish. Check at minimum time.

Food	Container	Cover	Power Level & Time		Comments
Fish					
Fillet or steaks (1-lb.)	Oblong dish	Wax paper or plastic wrap	High (10)	6 to 8 min.	Microwave until fish flakes easily.
Whole fish	Oblong dish	Plastic wrap	High (10)	5 to 7 min. per lb.	Shield head and thin tail with aluminum foil.
Clams, 6	Pie plate or shallow dish	Plastic wrap	High (10)	3 to 4 min.	Place in dish with hinged side out.
Shrimp, peeled (1-lb.)	Pie plate or shallow dish	Plastic wrap	High (10)	3 to 6 min.	
Shrimp, unpeeled (2-lbs.)	2-qt. casserole	Lid or plastic wrap	High (10)	6 to 10 min.	Stir after 5 minutes.

Vegetables

1. Always use microwave safe cookware, glass or plastic. Cook most vegetables with tight cover to steam them. Exceptions are potatoes cooked in their skins and watery vegetables which need no water added for steam.
2. Do not salt tops of vegetables before microwaving. If desired, add salt to water in dish before adding vegetables. Salt can sometimes cause brown spots on vegetables during microwaving.
3. Cooking time for vegetables affects finished taste and texture. Minimum time on guide gives fresh taste and crisp-tender texture. For soft texture with well-developed flavor, cook maximum time or longer.
4. Size of pieces affects cooking time. Large pieces generally take longer than small uniform pieces.
5. Just as when cooking conventionally, vegetable mixtures should have similar densities or degrees of firmness in order to cook together successfully. Firm, crisp vegetables like carrots, cauliflower and broccoli microwave together well. If microwaving a firm vegetable with a soft one (carrots and peas, for example) cut the carrots in julienne strips so they will cook as fast as the peas. Or, start cooking larger carrot pieces first, and add peas during last few minutes.

Vegetables	Container	Cover	Power Level & Time		Comments
Slices, pieces (1-lb.) (2-lbs.)	Casserole	Yes	High (10)	11 to 14 min. 14 to 18 min.	Add 1/4 to 1/2 cup water. If frozen, reduce time 3 to 5 minutes because vegetables are blanched.
Whole, halves or large, starchy vegetables (Potatoes, winter squash, cauliflower, etc.) (1-lb., 3 to 4) (2-lbs., 6 to 8)	Potatoes: Cook on oven floor (no container) Other vegetables: Square or oblong dish or casserole	Potatoes: No Winter squash, cauliflower, etc.: Yes	High (10)	12 to 20 min. 16 to 20 min.	Prick skin of potatoes before cooking.
Watery (Tomatoes, summer squash) (1-lb., 3 to 4) (2-lbs., 6 to 8)		Yes	High (10)	4 to 5 min. 6 to 8 min.	Cut in pieces or halves. No additional water needed.
Vegetable Casseroles (With raw vegetables) (With precooked vegetables)		Yes	High (10)	18 to 20 min. 10 to 12 min.	Use large enough casserole to allow for boiling in dish.
Stir-Fry Vegetables (6 to 8 servings)		Yes	High (10)	10 to 12 min.	To stir-fry one type of vegetable, substitute 1 tablespoon oil for water and follow times in cooking guide.
Blanching fresh vegetables for freezing	Glass casserole	Yes	High (10)	3 to 5 min.	Blanch only 1 pound or 1 quart prepared vegetables at a time. Place in 1 to 2-qt. casserole with 1/4 to 1/2 cup water. Blanched vegetables will have bright, even color and will be slightly softened. Cool drained blanched vegetables immediately by plunging in container of ice water.

Gravies & Sauces

1. Because microwaved sauces evaporate less than on the range top, they are thinner than conventionally cooked sauces made with the same amount of thickening. Increase thickening by adding an extra teaspoon to 1 tablespoon flour or cornstarch for each cup of liquid.
2. Microwaved sauces do not need to be stirred constantly but most should be whisked vigorously with wire whisk once or twice while microwaving.
3. Vary basic white sauce (see page 23) by adding cheese, egg yolks, cream or dry milk solids. Add flour with mayonnaise or wine.

Food	Container	Cover	Power Level & Time		Comments
Gravies and sauces thickened with flour or cornstarch (1 cup)	Glass measure or bowl	No	High (10)	4 to 5 min.	Microwave fat, flour and salt together to melt and blend. Whisk in liquid and finish. Increase time 1 to 2 minutes per additional cup of sauce.
Thin, liquid sauces (au jus, clam, etc.) (1 cup)	Casserole	No	High (10)	2 to 3 min.	Add cornstarch-water mixture to heated ingredients. Stir well and microwave to finish.
Melted butter sauces, clarified butter (1/2 cup)	Glass measure	No	High (10)	1/2 to 1 min.	Microwave butter just to melt. For clarified butter, bring to boil then let stand until layers separate. Pour off and use clear top layer.
Thick spaghetti, barbecue or sweet/sour sauces (2 cups)	Casserole, large bowl	Yes	High (10)	5 to 7 min.	Stir ingredients together then microwave, stirring after half of time. Let stand 5 to 10 minutes to develop flavor.

Pasta and Rice

1. Always use microwave safe cookware (glass or plastic).
2. For pasta use about half the amount of water needed for conventional boiling; there is less evaporation in a microwave oven. Add regular amount salt and 1 teaspoon oil (optional, to prevent sticking).
3. For rice or minute rice, use the same amount of water and salt as with conventional boiling.
4. Cover pasta and rice tightly while microwaving. When using plastic wrap, turn back one corner to vent.
5. Stir or rearrange after half of cooking time. Drain pasta immediately after microwaving.
6. Microwave time is about the same as conventional boiling.

Food	Container	Cover	Power Level & Time		Comments
Macaroni (8-oz.)	2-qt. casserole	Lid or plastic wrap	High (10)	15 to 18 min.	Add 3 cups water. Stir after 10 minutes. For rotini type, check for doneness after 10 minutes.
Spaghetti (16-oz.)	13×9×2-in. oblong dish	Plastic wrap	High (10)	16 to 19 min.	Add 6 to 7 cups water. Rearrange after 10 minutes.
Egg noodles (8-oz.)	3-qt. casserole	Lid or plastic wrap	High (10)	21 to 23 min.	Add 8 cups water. Stir after 10 minutes. Time is the same for spinach or regular noodles.
Lasagna (8 to 16-oz.)	13×9×2-in. oblong dish	Plastic wrap	High (10)	11 to 16 min.	Cover with water in dish. Rearrange after 7 minutes.
Manicotti (5-oz.)	12×8×2-in. oblong dish	Plastic wrap	High (10)	22 to 25 min.	Brush with oil then cover with water in dish. Using fork, turn over every 5 minutes while microwaving.
Rice, regular long grain (1 cup)	3-qt. casserole	Lid or plastic wrap	High (10)	18 to 21 min.	Add 2 ¼ cups water. Stir after 10 minutes.
Rice, minute (1½ cups)	2-qt. casserole	Lid or plastic wrap	High (10)	4 to 6 min.	Add 1½ cups water. Stir after 2 minutes.

Cereal

1. Always use microwave safe cookware (glass or plastic). Use large enough container to avoid spillover.
2. Start with hottest tap water to shorten cooking time.
3. Do not cover (prevents spillover).
4. Stir half-way through cooking time.

Food	Container	Cover	Power Level & Time		Comments
Oatmeal, quick	China or pottery bowl, paper bowl	No	High (10)	2 to 2½ min. per serving	Mix cereal, salt and hottest tap water before microwaving. Stir before serving. For 6 servings, use 3-qt. casserole.
NOTE: To microwave single-serving packet of instant oatmeal, follow package directions for amount of water and microwave at High (10) for ½ to 1 minute.					
Oatmeal, old fashioned	1-qt. casserole or bowl	No	High (10)	3 to 5 min. for 1 serving	Increase casserole size for more than one serving. Increase time about 2 minutes for each additional serving you are cooking. Stir after half of cooking time.
Grits, quick	China or pottery bowl, paper bowl	No	High (10)	3 to 4 min. for 1 serving	Mix cereal with hottest tap water. Increase casserole size and microwave time by 2 minutes per additional serving.
NOTE: To microwave single-serving packet of instant grits, follow package directions for amount of water and microwave at High (10) for ½ to 1 minute.					
Cream of Wheat	1-qt. casserole or bowl	No	High (10)	3 to 4 min. for 1 serving	Increase time 1 minute per additional serving.
Cream of Rice	China or pottery bowl, paper bowl	No	High (10)	1½ to 2 min. for 1 serving	Increase time about 1 minute per additional serving.

Cakes and Desserts

1. Always use microwave safe cookware (glass or plastic).
2. Before adding batter, grease dishes but do not flour. Or, for easy removal, line dish with wax paper or paper towel.
3. Crust on cakes will be soft. Refrigerate cake if firm exterior is desirable for frosting.
4. Fruit desserts will be fresh looking and tasting.

Food	Container	Cover	Power Level & Time		Comments
Cakes					
Commercial mix (18 to 20-oz.)	8-in. round or square dishes		Med-High (7)	8 to 9 min.	Grease dishes before adding batter. Remove an egg when preparing batter. Rotate dish 1/4 turn every 3 minutes. Let stand 5 to 10 minutes before inverting to cool.
	Fluted tube cake pan		Med-High (7)	17 to 19 min.	Use number of eggs recommended on package. Rotate pan 1/4 turn every 6 minutes. Let tube cake stand 5 to 10 minutes before inverting to cool.
Basic butter or chocolate cake	Greased 8-in. round dish		High (10)	8 to 9 min.	Rotate dish 1/4 turn every 3 minutes. Let stand on heat-proof counter or wooden board to cool 15 minutes.
Pineapple upside-down cake	8-in. round dish		High (10)	9 to 11 min.	When done, toothpick stuck in cake comes out clean. Invert cake onto plate; let dish stand over cake a few minutes.
Cupcakes (6)	Paper lined cupcaker		High (10)	3½ to 4 min.	When cooking several cupcakes, you may notice some will be done before others. If so, remove cupcakes as they are done and continue cooking the rest a few seconds more.
Bar cookies	8-in. square dish		High (10)	6 to 8 min.	Grease dish before adding batter. Rotate dish 1/2 turn after half of time. Cut when cool.
	12×8×2-in. dish		High (10)	8 to 14 min.	
Baked apples or pears	Microwave safe dish or casserole	Lid or plastic wrap	High (10)	3 to 4 min. per piece	Pierce fruit or peel to prevent bursting.

Candies

1. Always use microwave safe glass cookware. For easy cleanup, melt chocolate in paper wrappers seam side up, or place chocolate in paper bowl to melt.
2. Candies which are boiled become very hot; be sure to handle cooking containers carefully.

Food	Container	Cover	Power Level & Time		Comments
S'Mores	Paper napkin or paper plate	No	High (10)	15 to 20 seconds	Cover graham cracker with chocolate and marshmallow. Microwave.
Caramel Apples	1-pint (2-cup) measure	No	High (10)	3 min.	Unwrap a 14-oz. package of caramels into measuring cup. Add 1 tablespoon water. Microwave, stirring every minute. Dip 4 apples into mixture.
Marshmallow Crisp	12x8x2-in. dish	Yes	High (10)	1 1/2 min. to melt butter, 3 1/4 min. to melt marshmallows	In 12x8x2-in. container, melt 1/4 cup butter. Add 10-oz. package marshmallows. Cover with wax paper and microwave to melt. Stir in 5 cups crispy rice cereal. Press firmly into dish.
Chocolate Bark	1 1/2-qt. casserole or bowl	Yes	High (10)	3 to 5 min.	Place 12-oz. semi-sweet chocolate pieces in container. Microwave to melt. Add 1 cup whole toasted almonds. Spread over wax paper on cookie sheet. Chill until firm.

Microwave Utensil/Cookware Guide

Type of Utensil/Cookware	Microwave Uses
Foil-lined Paper Bags, Boxes and Baking Trays	Avoid. Use only foil trays 3/4-in. deep or less. Foil or metal will reflect microwaves, thus preventing even heating. Arcing can occur if foil is closer than 1-in. to oven walls.
Metal or part metal Pots, Pans, Thermometers, Skewers and Foil Trays	
Boilable Hard and Soft Plastics, such as: Rubbermaid	Cooking ground beef (colander). Defrosting. Heating.
Glass jars, such as for baby foods, vegetables, entrees, syrups, salad dressing	Avoid heating baby food in jars, especially meat and egg mixtures. Remove metal caps to warm syrup.
Handmade Pottery, Porcelain, Stoneware	Cooking and heating.
Microwave Plastics such as: Anchor Hocking Microwave, Bangor Plastics, Mister Microwave, Nordic Ware, Republic, Tara, Wearever Nupac	Cooking.
Paper or Styrofoam Plates and Cups	Heating and serving foods and beverages. Styrofoam should be used for short-term heating to low temperatures and for serving.
Oven Glass such as: Anchor Hocking, Fire King, Glassbake, Heller, Jena, Pyrex	Cooking and heating.
Regular Dinnerware, such as: Correlle by Corning, Dansk Generation, Denby, El Camino, Franciscan, International Stoneware, Lenox, Temperware, Marsh, Mikasa, Pfaltzgraff	Heating and some cooking. Avoid metal rings or decorations on dinnerware.
Unsuitable Dinnerware, such as: Corning Centura, Fitz and Floyd, Oven-to-table Ware, Melamine, Dishes with metal trim	None.
Paper Towels and Napkins, Wax Paper	Cooking bacon. Absorbing moisture and preventing spatters. Heating and serving sandwiches or appetizers. Use wax paper as light covering to hold in steam.
Glass-Ceramic (Pyroceram), such as: Corning Ware, Progression G. by Noritake	Cooking and heating.
Plastic Wrap, Cooking Bags, Boil-in-bags, Storage Bags	Covering to hold in steam (wrap). Cooking (cooking and boil-in bags). Heating (storage bags).
Specialty Glass-Ceramic and Porcelain, such as: El Camino, F.B. Rogers, Heller, Marsh Industries, Pfaltzgraff, Shafford	Recommended for microwave oven-to-table cooking of special foods.
Paperboard Trays used for frozen entrees and dinners	Cooking and heating.
Plastic trays and plates used for frozen entrees and dinners	Cooking and heating.

Care and Cleaning



Your new microwave oven is a valuable appliance. Protect it from misuse by following these rules:

- **Keep your oven clean and sweet-smelling.** Opening the oven door a few minutes after cooking helps air-out the interior. An occasional thorough wiping with a solution of baking soda and water keeps the interior fresh.
- **Don't use sharp-edged utensils with your oven.** The inside and outside oven walls can be scratched. The control panel can be damaged.
- **Don't remove the mode stirrer cover at the top of the oven** (microwave feature 6 on page 5). You will damage the oven.

BE CERTAIN POWER IS OFF BEFORE CLEANING ANY PART OF THIS OVEN.

How to Clean the Inside

Walls, floor and mode stirrer cover. Some spatters can be removed with a paper towel, others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse with a damp cloth. Do not use abrasive cleaners on oven walls. **NEVER USE A COMMERCIAL OVEN CLEANER ON ANY PART OF YOUR MICROWAVE OVEN.**

Door (inside). Window: Wipe up spatters daily and wash when soiled with a damp cloth. Rinse thoroughly and dry.

Metal and plastic parts on door: Wipe frequently with a damp cloth to remove all soil. **DO NOT USE ABRASIVES, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS. THEY WILL MAR THE SURFACE.**

Special note when using Brown 'N Sear Dish: If grease is present, high heat generated on bottom of a Brown 'N Sear dish may cause the grease to burn onto the oven floor. This may be removed with a cleanser such as Bon Ami® brand cleanser.

After using this cleanser, rinse and dry thoroughly, following instructions on can. Do not use it on the painted surfaces such as the walls—it may scratch the paint.

How to Clean the Outside

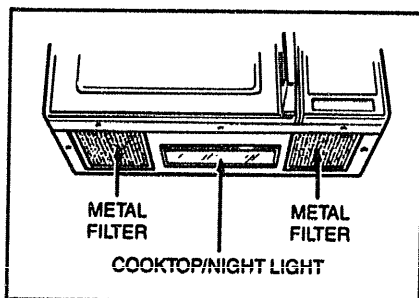
Case. Clean the outside of your oven with soap and damp cloth, then rinse with a damp cloth and dry. Wipe the window clean with a damp cloth. Chrome trim is best wiped with a damp cloth and then with a dry towel.

Control Panel. Wipe with a damp cloth. Dry thoroughly. Do not use cleaning sprays, large amounts of soap and water, abrasives, or sharp objects on the panel—they can damage it.

Door Surface. When cleaning surfaces of door and oven that come together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.

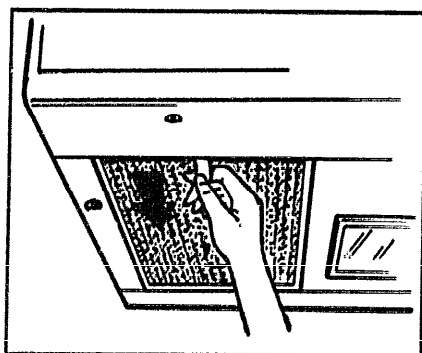
Power Cord. If the cord becomes soiled, unplug and wash with damp cloth. For stubborn spots, sudsy water may be used, but be certain to rinse with a damp cloth and dry thoroughly before plugging cord into outlet.

The Exhaust Feature

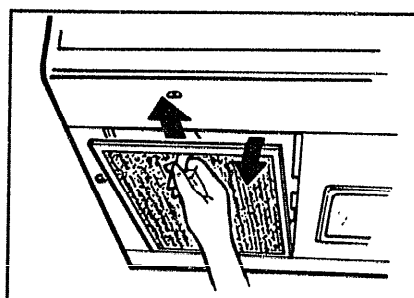


The exhaust hood feature on your microwave oven is equipped with two metal filters which collect grease. When the fan is operated, air is drawn up through the filters and is then discharged through the provided venting to the outside. The hood also has a light for illuminating the counter space.

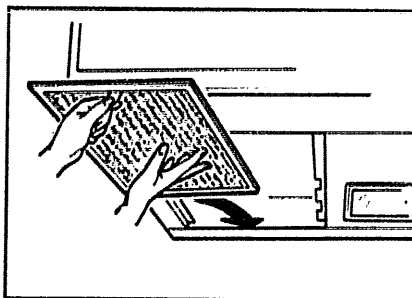
When NIGHT LIGHT pad is touched, the hood light operates at a lower intensity for use as a night light.



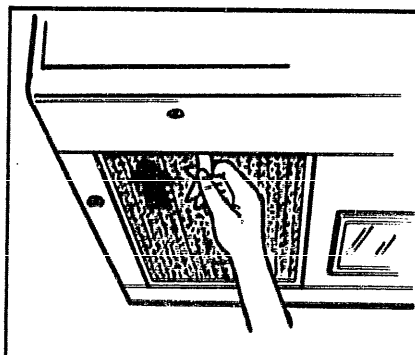
To remove grease filter, grasp the "finger hold" on the filter and slide to the rear.



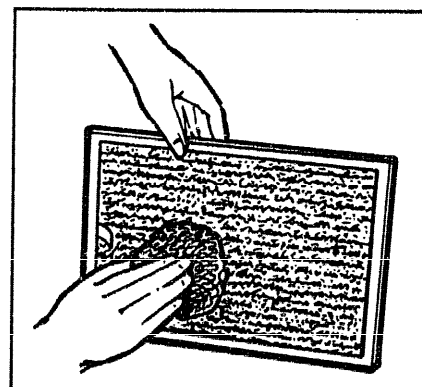
Then pull filter downward and to the front. The filter will drop out.



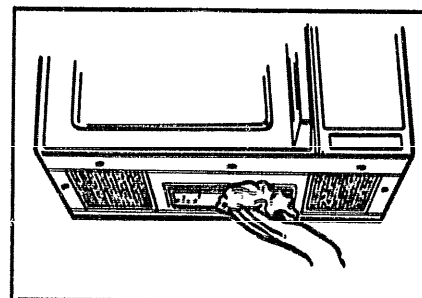
To replace grease filter, slide the filter in the frame slot on the back of the opening.



Pull filter upward and to the front to lock into place.



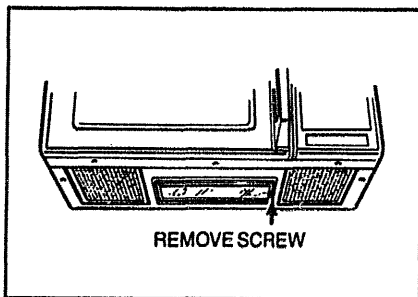
To clean grease filter, soak, then agitate filter in hot detergent solution. Don't use ammonia or other alkali because it will darken metal. Light brushing can be used to remove embedded dirt. Rinse, shake and remove moisture before replacing. Filters should be cleaned at least once a month. Never operate your hood without the filter in place. In situations where flaming might occur on surfaces below hood, filter will retard entry of flames into the unit.



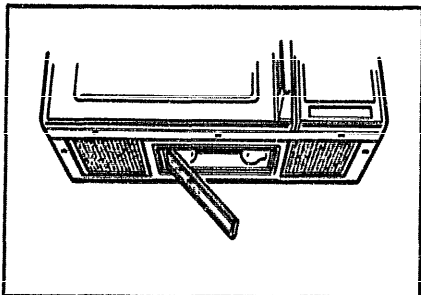
Clean off the grease and dust on hood surfaces often. Use a warm detergent solution. About 1 tablespoon of ammonia may be added to the water. Take care not to touch the filters and enameled surfaces with this. Ammonia will tend to darken metal.

Light Bulb Replacement

Cooktop Light/Night Light

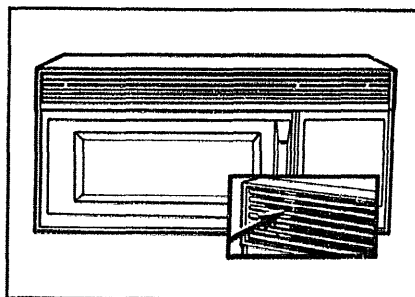


To replace combination cooktop light/night light, first disconnect power at main fuse or circuit breaker panel or pull plug. Remove screw on right side of light compartment cover and lower cover until it stops.

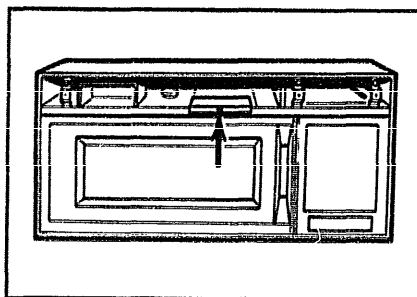


Be sure bulbs to be replaced are cool before removing. Break the adhesive seal by gently unscrewing the bulbs. Replace with 40-watt incandescent bulbs (Part No. WB02X4253) available from your GE supplier. High intensity 40-watt bulbs (Part No. 40S11N/1) which are available in supermarkets and hardware stores may also be used for replacements. Raise light compartment cover and replace screw. Connect electrical power to microwave oven.

Oven Light



To replace your oven light, first disconnect power at main fuse or circuit breaker or pull plug. Remove the top grill by taking off 3 screws which hold it in place.

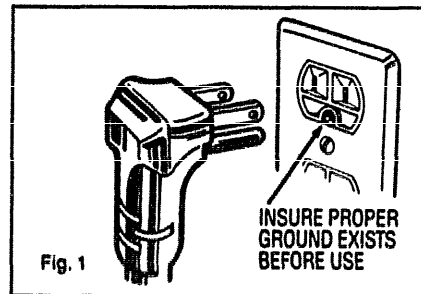


Next, remove the single screw located above door near center of oven that secures light housing. Remove bulb and replace with a 30-watt GE bulb (Part No. WB2X4235) available from your GE supplier. Secure light housing with screw.

Grounding Instructions

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a power cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded. (Fig. 1)

WARNING—Improper use of the grounding plug can result in a risk of electric shock.



Consult a qualified electrician or service technician if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

Where a standard two-prong wall receptacle is encountered, it is your personal responsibility and obligation to have it replaced with a properly grounded three-prong wall receptacle.

Do not under any circumstance cut or remove the third (ground) prong from the power cord.

Do not use an adapter plug with this appliance.

Do not use an extension cord with this appliance.



Questions? Use This Problem Solver

PROBLEM	POSSIBLE CAUSE AND REMEDY
OVEN WILL NOT COME ON	<ul style="list-style-type: none">• A fuse in your home may be blown or the circuit breaker tripped. Replace fuse or reset circuit breaker.• Unplug your microwave oven, then plug it back in.• Make sure 3-prong plug on oven is fully inserted into wall receptacle.
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	<ul style="list-style-type: none">• Door not securely closed.• START must be touched after entering cooking selection.• Another selection entered already in oven and CLEAR/OFF not touched to cancel it.• Make sure you have entered cooking time after touching TIME COOK I or TIME COOK II.• CLEAR/OFF was touched accidentally. Reset cooking program and touch START.
FOODS ARE EITHER OVERCOOKED OR UNDERCOOKED	<ul style="list-style-type: none">• Cooking times may vary because of starting food temperature, food density or amount of foods in oven. Touch TIME COOK I and additional cooking time for completion.• Incorrect power level entered. Check cooking guide for recommended power level, or changing levels during cooking if necessary.• Dish was not rotated, turned or stirred. Some dishes require specific instructions. Check cooking guide or recipe for instructions.• Too many dishes in oven at same time. Cooking time must be increased when cooking more than one food item. Check cooking guide for recommendations on increasing time.
"ERROR" APPEARS ON DISPLAY	<ul style="list-style-type: none">• Weight is incorrect for Auto Defrost code on guide. It is necessary to reset oven.• When using Clock, you have not entered a valid clock time.

All these things are normal with your microwave oven:

- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Dull, thumping sound while oven is operating.
- Dimming oven light and change in blower sound may occur while operating at power levels other than high.
- Some TV-Radio interference might be noticed while using your microwave oven. It's similar to the interference caused by other small appliances and does not indicate a problem with your oven.

If you need more help...call, toll free:
GE Answer Center®
800.626.2000
consumer information service

If You Need Service

To obtain service, see your warranty on the back page of this book.

We're proud of our service and want you to be pleased. If for some reason you are not happy with the service you receive, here are three steps to follow for further help.

FIRST, contact the people who serviced your appliance. Explain why you are not pleased. In most cases, this will solve the problem.

NEXT, if you are still not pleased, write all the details—including your phone number—to:

Manager, Consumer Relations
GE Appliances
Appliance Park
Louisville, Kentucky 40225

FINALLY, if your problem is still not resolved, write:

Major Appliance
Consumer Action Panel
20 North Wacker Drive
Chicago, Illinois 60606

YOUR GENERAL ELECTRIC MICROWAVE OVEN WARRANTY

Save proof of original purchase date such as your sales slip or cancelled check to establish warranty period.

WHAT IS COVERED

FULL ONE-YEAR WARRANTY

For one year from date of original purchase, we will provide, free of charge, parts and service labor in your home to repair or replace **any part of the microwave oven** that fails because of a manufacturing defect.

LIMITED ADDITIONAL NINE-YEAR WARRANTY

For the second through tenth year from date of original purchase, we will provide, free of charge, a replacement **magnetron tube** if the magnetron tube fails because of a manufacturing defect. You pay for the service trip to your home and service labor charges.

This warranty is extended to the original purchaser and any succeeding owner for products purchased for ordinary home use in the 48 mainland states, Hawaii and Washington, D.C. In Alaska the warranty is the same except that it is **LIMITED** because you must pay to ship the product to the service shop or for the service technician's travel costs to your home.

All warranty service will be provided by our Factory Service Centers or by our authorized Customer Care® servicers during normal working hours.

Look in the White or Yellow Pages of your telephone directory for **GENERAL ELECTRIC COMPANY, GENERAL ELECTRIC FACTORY SERVICE, GENERAL ELECTRIC-HOTPOINT FACTORY SERVICE** or **GENERAL ELECTRIC CUSTOMER CARE® SERVICE**.

WHAT IS NOT COVERED

- Service trips to your home to teach you how to use the product.

Read your Use and Care material. If you then have any questions about operating the product, please contact your dealer or our Consumer Affairs office at the address below, or call, toll free:

GE Answer Center®
800.626.2000
consumer information service

- Improper installation.

If you have an installation problem, contact your dealer or installer. You are responsible for providing adequate electrical, gas, exhausting and other connecting facilities.

- Replacement of house fuses or resetting of circuit breakers.

- Failure of the product if it is used for other than its intended purpose or used commercially.

- Damage to product caused by accident, fire, floods or acts of God.

WARRANTOR IS NOT RESPONSIBLE FOR CONSEQUENTIAL DAMAGES.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. To know what your legal rights are in your state, consult your local or state consumer affairs office or your state's Attorney General.

Warrantor: General Electric Company

**If further help is needed concerning this warranty, write:
Manager—Consumer Affairs, GE Appliances, Louisville, KY 40225**